



FIRST THINGS FIRST

Ready for School. Set for Life.

Partnering with parents and families to help all children,
ages birth to 5, stay healthy and succeed in school

Family Guide to First Things First Funded Programs – Navajo/Apache Region

Contact

Do you have parenting questions, or need advice?

Birth to Five Helpline

Helps families with young children get free answers to their toughest parenting questions.

Southwest Human Development

1-877-705-KIDS (5437)

Do you want information about your child's physical or oral health?

Nutrition/Obesity/Physical Activity

Improves the health and safety of young children by providing community-based health education on a variety of topics including: healthy food choices and appropriate physical activity.

U of A Cooperative Extension

Apache County Contact: 928-337-2267

Navajo County Contact: 928-524-6271

Oral Health

Decreases preventable oral health problems in young children.

Navajo County Public Health Services

928-524-4750

Healthy Steps Developmental & Health Screening

Increases children's access to preventive health care and helps to identify potential learning problems early on.

North Country HealthCare

928-537-4301

Summit Regional Medical Center

928-367-6550

Want to see how reading and play can help your child learn?

Helps parents support their young child's love of words and books.

Expanded Early Literacy Programs

Navajo County Libraries

928-524-4798

Do you need to find quality child care for your infant, toddler or preschooler?

Early Learning

Resources for finding quality child care and preschool programs.

Quality First

qualityfirstaz.com

First Things First Navajo/Apache Regional Partnership Council

For more information contact:

Kate Dobler-Allen, Regional Director kdallen@azftf.gov or

Michelle Pansulla, Community Outreach Coordinator mpansulla@azftf.gov

Office number: 928-532-5041

**85901, 85902, 85912, 85920, 85923, 85924,
85925, 85927, 85928, 85929, 85931, 85932,
85933, 85934, 85935, 85936, 85937, 85938,
85939, 85940, 85942, 86025, 83028, 83029,
86032 (Navajo/Apache Region Zip Codes)**